MICHAELS GETS HER KICKS FROM FASHION

PAGE 20

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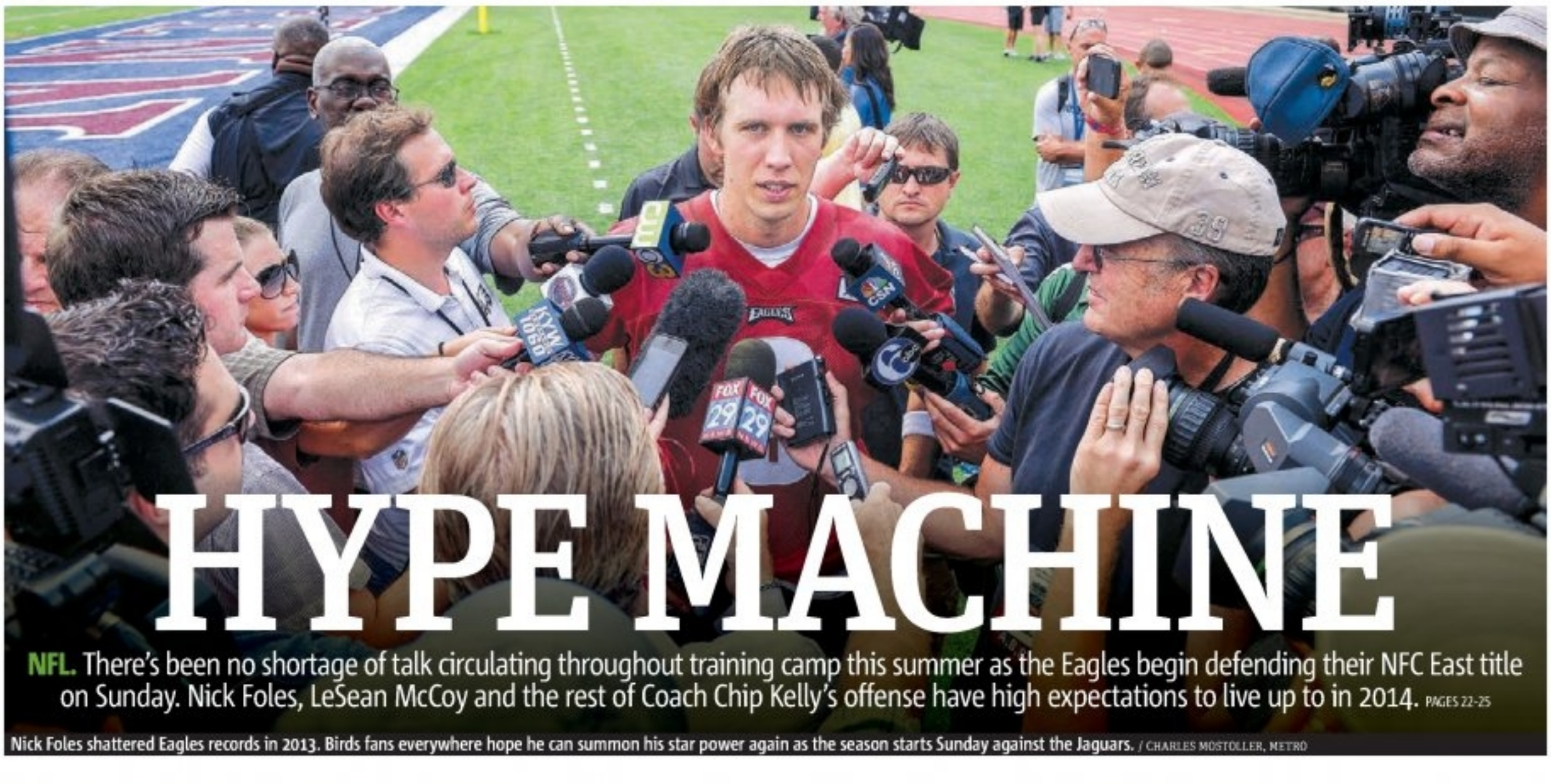

HYPE MACHINE

NFL. There's been no shortage of talk circulating throughout training camp this summer as the Eagles begin defending their NFC East title on Sunday. Nick Foles, LeSean McCoy and the rest of Coach Chip Kelly's offense have high expectations to live up to in 2014. PAGES 22-25

Nick Foles shattered Eagles records in 2013. Birds fans everywhere hope he can summon his star power again as the season starts Sunday against the Jaguars. / CHARLES MOSTOLLER, METRO

Market East to get a name change

PAGE 02

Dakota Fanning talks sexy new role

PAGE 16

Learn how to win at interior design

PAGES 18-19

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1 NEWS

By the numbers

27

City Controller Alan Butkovitz released findings of the Review of Safety Measures at Philadelphia's Public Pools, and found that 27 of 81 city-operated pools and spray grounds had some hazardous conditions such as cracked concrete and blocked drains.

Top 3

What's trending online at Metro.us

1. 'Hear a previously unreleased Adele song'
2. 'Sports stars hit by Labor Day weekend hacker scandal'
3. 'Chef Todd English arrested for DWI in the Hamptons'

'Jefferson Station' new name for Market East

Center City. On Thursday, SEPTA will announce the renaming of its Market Street transit hub.

Come Thursday, Market East Station will be a memory.

Moving forward, call it Jefferson Station.

SEPTA and Thomas Jefferson University officials will unveil new signs at the station, nestled between Eighth and 10th streets in Center City, on Thursday.

The 30-year-old station garnered its original name for its approximate location to City Hall. The new name was the result of a multimillion-dollar deal with the university, whose campus sits blocks away. The change was first reported last week by Technical.ly Philly.

In 2010, the transit agency worked out a $5.4 million deal to rename Pattison Station — the last southern stop on the Broad Street line — to AT&T Station. The five-year deal expires next year.

Visit **Metro.us** to read our monthly "Ask SEPTA" column.

And according to City Paper, SEPTA plans to change Suburban Station to Verizon Station in the near future. Both deals are expected to garner millions for the nonprofit agency.

While neither SEPTA nor the university offered any details on the matter, SEPTA spokesman Andrew Busch said new revenue streams are always sought.

"It's in keeping with the mandate from the state to raise alternative revenues through means additional to fare boxes," he said. METRO

By the numbers

$3.4M

Amount of the $5.4 million AT&T deal SEPTA received

$2M

Amount Titan Worldwide received

26K

Passengers ride Regional Rail trains through Market East every weekday

Northeastern PA

Girl, 15, was driving SUV in fatal crash

Authorities said a 15-year-old girl was driving the SUV that flipped and rolled near the Poconos on Saturday, killing three Council Rock South High School students.

The girl has not been named but reports say she will face charges.

The SUV was registered to the girl's father, authorities said. The girl was joined by another girl, 16, who picked up the three Council Rock students plus a fourth for breakfast.

The crash occurred when they left the restaurant. METRO

Rescue dog Deedee says always be prepared

Representatives from FEMA, Red Paw Emergency Relief, the Salvation Army and other organizations held a "Preparedness Fair" outside of City Hall on Tuesday to kick of National Preparedness Month. Deedee, a dog rescued from a fire, was on-site with Red Paw Emergency Relief. / CHARLES MOSTOLLER, METRO

Tacony. Boy, 9, grazed in head by bullet

A bullet scraped the back of a 9-year-old boy's head in Northeast Philadelphia on Tuesday afternoon, police said.

The boy was shot around 3:30 p.m. on the 4000 block of Knorr Street in Tacony, according to Officer Jillian Russell, a police spokeswoman.

As of press time, police did not know if it was a stray or if he was the intended target.

The boy was transported to the Children's Hospital of Philadelphia, but his condition was unknown as of press time.

No arrests have been made, and police are still investigating. TOMMY ROWAN

Philadelphia

Police nab prostitution suspect on Backpage.com, bust 10 johns

A sex worker from Chicago reportedly visiting Philadelphia on business was arrested after allegedly advertising her services on the popular free listings website Backpage.com.

Alani Williams / PPD

The City Wide Vice Unit arrested Alani Williams, 23, of Chicago after officers investigated an advertisement on Backpage, a Craigslist-like site where adult services are frequently advertised. She was charged with prostitution and solicitation.

Police also arrested 10 johns in a separate incident. METRO

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West Philly

$140K in gold stolen from luxury car

The window of a Lexus parked on 52nd and Market streets was smashed and $140,000 worth of gold inside was stolen around 2 p.m. Tuesday, reports say. No arrests have been made. METRO

Atlantic City

Trump given closure date for casino resort

Trump Plaza Casino and Hotel in Atlantic City will close for good at 6 a.m. on Sept. 16, state casino officials announced Tuesday.

Revel shut down on Monday and Showboat closed the day before.

By the numbers

2

Weeks until Trump Plaza in Atlantic City shuts down

The casino, one of Donald Trump's original spots, will be the fourth casino in total the New Jersey Division of Gaming Enforcement closed down in 2014. The Atlantic Club was shuttered in January.

More than 5,000 people have lost their jobs in the closings, which casino officials blame on the gaming-floor building boom in nearby states.

Come October, the city will house eight casinos when only last year it claimed 12. METRO

STRAIGHT Talk

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Residents protest PHA plans to reduce the armed security guard presence at Gladys P. Jacobs Manor. / CHARLES MOSTOLLER, METRO

PHA residents block streets, hold signs in guard protest

Poplar. Residents are concerned about a PHA plan to remove armed guards in favor of police officers.

More than 30 senior citizens, many of them in wheelchairs, blocked 11th Street and part of Fairmount Avenue outside the Philadelphia Housing Authority's Gladys P. Jacobs Manor at 6 a.m. Tuesday in protest of news that armed security guards would no longer man the doors 24 hours a day.

"It's a safety concern," said Virginia Wilkes, 62, head of the Jacobs Resident Council. "We need better security."

Wilkes said Jacobs is safe because it is known to have armed guards.

PHA president Kelvin Jeremiah met protesters around 3 p.m. to discuss their concerns, which ended the blockade. Jeremiah will return today.

He said PHA needs to cut armed guards at individual buildings to pay for more system-wide police officers.

"We're not just removing security — we've done a lot in terms of enhancing security," Jeremiah said.

After hearing residents' concerns, Jeremiah said PHA will offer to continue assigning one armed and one unarmed guard at Jacobs from 4 p.m. to 8 a.m., rather than removing all guards.

SAM NEWHOUSE
@scnewhouse
sam.newhouse@metro.us

Keeping homes safe

Two years ago, the PHA invested $10 million in security upgrades.

- Over the past year, Jeremiah has increased the PHA police from about 28 officers to 74, with plans to go up to 100 by the end of 2014.
- Security cameras, fences, key-card entrances and call-boxes for visitors will protect PHA residents, Jeremiah said.

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Trekking on despite Saharan heat

A postal worker tries to shade his head from the sun on Tuesday afternoon as temperatures went above 90 degrees with a heat index close to 100. Wednesday's temperatures will be in the 80s but with far less humidity than Philadelphians have been experiencing over the last couple of days. / CHARLES MOSTOLLER, METRO

Philadelphia

Four city colleges named most caffeinated

Philadelphia college students may have a caffeine problem.

According to a survey from GrubHub, a Web and mobile-based takeout ordering system, four city schools and three area schools order the most caffeinated beverages.

The University of Pennsylvania came in at No. 1, Drexel University No. 2, University of the Sciences No. 5 and Temple University at No. 6. METRO

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ISIS issues video of beheading of US journalist

Execution. In the video, Steven Sotloff says he's "paying the price" for the U.S. intervention in Iraq with his life.

American journalist Steven Sotloff / VIDEO SCREEN GRAB

The Islamic State released a video on Tuesday purporting to show the beheading of American hostage Steven Sotloff, raising the stakes in its confrontation with Washington over U.S. air strikes on its insurgents in Iraq.

A masked figure in the video also issued a threat against a British hostage, a man the group named as David Haines, and warned governments to back off "this evil alliance of America against the Islamic State."

The purported executioner appeared to be the same British-accented man who appeared in an Aug. 19 video showing the killing of American journalist James Foley, and it showed a similar desert setting.

In both videos, the captives wore orange jumpsuits.

"I'm back, Obama, and I'm back because of your arrogant foreign policy toward the Islamic State, because of your insistence on continuing your bombings in Amerli, Zumar and the Mosul Dam, despite our serious warnings," the man said, addressing the U.S. president. REUTERS

Quoted

"So just as your missiles continue to strike our people, our knife will continue to strike the necks of your people."

The man in the video

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Technology

SoftBank to sell robot in US within 12 months

Billionaire Masayoshi Son will start selling his humanoid robots named "Pepper" at Sprint Corp. stores in the U.S. by next summer, part of SoftBank Corp.'s push to take the technology beyond factory floors.

SoftBank also has received between 300 and 400 inquiries about Pepper from companies in finance, food service and education, Fumihide Tomizawa, chief executive officer of SoftBank Robotics, said this week. The 4-foot robot dances, makes jokes and estimates human emotions based on expressions. Pepper will go on sale in Japan in February for $1,900; the company hasn't yet set a U.S. price. BLOOMBERG

Apple: We're not at fault in celeb breach

Celebrities hacked. Nude photos were obtained on iCloud.

The week before a crucial launch of its new iPhone, Apple Inc. said intimate photos of celebrities including Oscar-winner Jennifer Lawrence were leaked online through the apparent hacking of individual iCloud accounts.

Apple rushed to restore confidence in its systems' security, saying the celebrity photo scandal that also ensnared swimsuit model Kate Upton, actress Kirsten Dunst and possibly dozens more was the result of targeted attacks on accounts storing personal data and not a direct breach of Apple systems.

"We have discovered that certain celebrity accounts were compromised by a very targeted attack on user names, passwords and security questions, a practice that has become all too common on the Internet," Apple said in a statement.

"None of the cases we have investigated has resulted from any breach in any of Apple's systems including iCloud or Find My iPhone."

The celebrity hacking nevertheless ranks among the highest-profile public fiascos for Apple in recent years. REUTERS

JENNIFER LAWRENCE
GETTY IMAGES

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Airlines. Florida-bound Delta flight diverted over reclining seat dispute

Airline seat etiquette delayed a flight out of LGA. / COLOURBOX

An argument over leg room and reclining seats forced a Florida-bound flight from New York to divert to a different airport late on Monday, the third such incident of a midair disruption caused by passengers in about a week.

Delta Air Lines said that "out of an abundance of caution" the captain of Flight 2370 from New York LaGuardia to West Palm Beach chose to land instead at the closest airport, Jacksonville, where local law enforcement removed one passenger.

It did not elaborate on the "disruption," but a witness told Jacksonville TV station WJXT TV-4 that an argument broke out during the flight between one woman who wanted to recline her seat and another in the row behind who wanted to sleep while resting on her tray table.

The witness said one of the women became loud and abusive when a flight attendant was called.

The aircraft later flew on to West Palm Beach where it landed shortly after 11 p.m., a couple of hours late. REUTERS

Tennessee

Police search for escaped teens

Nashville police were searching on Tuesday for eight teens still at large after 32 boys escaped from a detention center overnight, a spokesman said.

On Monday, some of the teens began pushing their way out of the dorms at the Woodland Hills Youth Development Center in Nashville, said Rob Johnson, director of communications for the Tennessee Department of Children's Services. Johnson said room doors are not locked at the facility. REUTERS

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Africa. US airstrike in Somalia targeted al Shabaab leader

An airstrike in Somalia by U.S. armed forces targeted the leader of the Islamist militant group al Shabaab, Ahmed Abdi Godane, Somali and U.S. officials said on Tuesday, but they said it was unclear whether he was killed in the attack.

Other U.S. officials said they believed Godane was killed in the strike late on Monday against a location where senior members of the al Qaeda-linked group were meeting, but the U.S. government had not confirmed that or had given further details.

If Godane were killed, it would be a major victory against the al Shabaab militants fighting the Western-backed government of Somalia, which is also supported by African Union troops.

Since taking charge in 2008, Godane has restyled the group as a global player in the al Qaeda franchise — a transformation that was highlighted when it killed at least 67 people in an attack on a Kenyan shopping mall in September last year. REUTERS

Pentagon Press Secretary Rear Adm. John Kirby answers questions. / GETTY IMAGES

Quoted

"We don't know that he's dead. But he was the target."

One U.S. official told Reuters, speaking on condition of anonymity.

Court

Photos of alleged 9/11 '20th hijacker' stays classified

A federal appeals court on Tuesday said photos of a Saudi national imprisoned at Guantanamo Bay who U.S. officials have said intended to be the "20th hijacker" in the Sept. 11, 2001 attacks should stay classified, in the interest of protecting national security.

The 2nd U.S. Circuit Court of Appeals in New York said the government plausibly showed that releasing images of Mohammed al-Qahtani, who was subject to interrogation techniques that a government official likened to torture, could endanger personnel in Afghanistan and elsewhere. REUTERS

19 hijackers / GETTY IMAGES

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Television

'Masters of Sex' to recruit old masters

The folks behind Showtime's "Masters of Sex" are testing out a new tactic to attract big-name additions to their cast: having current cast members beg shamelessly. First up, series star Lizzy Caplan has a request for Susan Sarandon: "Susan, be my mom!" Caplan says, according to E! News. "She's the sexiest woman. She's amazing. I'm such a huge fan."

The bad boys of pop music are at it again

Yesterday was not a banner day for guys we shall somewhat reluctantly refer to as the "bad boys of pop music." Canadian Police announced yesterday that Justin Bieber was arrested and charged with assault and dangerous driving over the weekend, and Chris Brown pleaded guilty to misdemeanor assault.

Let's start with Biebs: This weekend he was reportedly driving with Selena Gomez in Ontario when his vehicle collided with another and then a "physical altercation" ensued. ABC News reports that Bieber's lawyer sent a statement saying, "Justin Bieber and Selena Gomez's peaceful retreat in Stratford this weekend was unfortunately disrupted by the unwelcome presence of paparazzi."

Meanwhile, Chris Brown's guilty plea in Washington, D.C., ended up with the star apologizing for breaking the nose of a fan who tried to thrust himself into a picture with Brown last year. Brown was sentenced to time served (he spent more than two months in jail for a probation violation). Brown remains on probation until 2015 for the charges of beating Rihanna in 2009.

More legal woes for Bieber?
ALL PHOTOS GETTY IMAGES

Though photographers weren't able to get great shots of Chris Brown outside of court, at least he didn't try to punch them.

THE WORD

Ned Ehrbar takes on the world of gossip.

NED EHRBAR
@Nedrick
ned.ehrbar@metro.us

Talking point

Cyrus still loves former fiance

Miley Cyrus and Liam Hemsworth may have broken off their engagement almost a year ago, but that doesn't mean she doesn't still have feelings for the Australian actor. "I love Liam. Liam loves me," she tells Australia's "Sunday Night" during an interview. Of course, she might just be saying that because she doesn't want to upset any Australians on their home turf.

The couple in 2013

Feds on case of the massive nude pic leak

UPTON

Jennifer Lawrence, Kate Upton and the other victims of this weekend's iCloud hacking and nude photo leak can rest easier knowing that the feds are on the case. "The FBI is aware of the allegations ... and is addressing the matter," an FBI spokesperson says in a statement to NBC. A rep for Apple says the company is looking into the breach, too.

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MADE IN AMERICA MAKES WAY FOR PINK

Eboni Joi, Fatin Dantzler, Chill Moody, Aja Dantzler and Steve McKie were at the Pearl Theatre for the premiere of "A Couple Friends." / PROVIDED

BOLDFACE

A.D. AMOROSI

A.D. Amorosi is a journalist covering arts, entertainment and food news and gossip. He can be reached at divaland@aol.com.

Another Budweiser Made in America festival has come and gone. CEO **Jay Z** inspected the EDM stage, **Kim Kardashian** watched husband/headliner **Kanye West** alongside **Kendall Jenner,** and **Mayor Michael Nutter** was hanging out in Live Nation's VIP garden, looking casual in a baseball cap. Weird MIA fact: The art museum shuttered rooms and wrapped exhibitions due to vibrations causing minor damage during 2013's fest. A solution was found in placing sand below each massive speaker.

The famed 80-year-old **Capt. Jesse's** seafood/fruit spot at Eighth and Washington is done, according to owner **Jesse Giordano**, cousin of the Italian Market's **Giordano Produce** where his grandfather "sold barrels of parsley, two cents a bunch." Jesse says this past winter screwed things up, and he's ready to close. Though he'd neither confirm or deny, his neighbor, Anastasia's Seafood, may purchase Capt. Jesse's if its locale is razed to make room for a shops-and-condos complex.

You'd think after her Truth About Love tour, Philly-born Alecia Moore, better known as **Pink**, would rest. But word has it that she's starting You & I, an acoustic duo with **Dallas Green** with a secret public live session for **David Dye**'s WXPN show at World Cafe Live Oct. 6-8.

Seen on the scene

- World Cafe Live's Friday Free at Noon showcase got a last-minute request from chart-topping indie-poppers **Spoon**, after Sunday's spot on Made in America, to do a Labor Day gig. Request granted: Spoon sold the joint out in minutes.

- Philly soul-hop marrieds **Fatin** and **Aja Dantzler** of Kindred The Family Soul just debuted their film, "A Couple Friends," directed by **Will Smith**'s bud **Jamal Hill**, at Pearl Theatre on North Broad. Named for Kindred's new album, the premiere found **Chill Moody** and **Eboni Joi** on the red carpet with Hill and the Dantzlers.

The Weekly Yelp. Favorite yoga studios

Buying a pair of tight pants and dropping in on one class doesn't make you a yogi. We've lined up some spots that are great for beginners or offer non-traditional options for the folks ready to up their mat game. Namaste.

Bikram's Yoga College of India

1520 Sansom St., Rittenhouse Square
The class was 90 minutes and was relaxing and challenging at the same time. They have a $20 drop-in class fee or a $30 unlimited for the month, so its definitely worth it to get the unlimited. **MAJLINDA K.**

Amrita Yoga and Wellness

1204 Frankford Ave., Philadelphia

I usually go to an hour-long hot yoga in the morning. It isn't Bikram hot, but it is heated with super high-tech infra-red heaters. ... I have also done the aerial yoga and the back care yoga. **KELLIE G.**

Pacific Yoga

2518 Cedar St., Kensington
The beginners series has been a fun way to build consistent practice. This studio is not strictly into the physical practice and embraces the full on "om-iness" of yoga. **NICOLE D.**

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Dakota Fanning gets in bed with Kevin Kline's Errol Flynn. / QUANTRELL COLBERT

Dakota Fanning: All grown up

Interview. "The Last Days of Robin Hood" star is sick of the focus on her age.

Until she read the script for "The Last Days of Robin Hood," Dakota Fanning had never heard the story of notoriously loose Hollywood star Errol Flynn (Kevin Kline) dying in the arms of teenager Beverly Aadland (Fanning). But it's a role she loved performing, even if now, at 20, she's pretty much done with playing characters who are younger than her actual age.

Researching Aadland

"I really didn't do that much research. I looked at certain things, like how she looked and how she wore her hair and what her makeup was like. There's an article from her perspective, but there's a lot of things that are from other people's perspective. I wanted to have my own point of view of what happened instead of reading Florence's [her mother's] book. Kevin did a lot of [research], so if I needed to know any facts I could ask him."

The responsibility that comes with playing a real person

"You do feel a responsibility, but you also have to let that go, to a certain extent. It's ultimately a movie, and it's never going to be exactly the way it was. You are, in some ways, creating your own character."

What attracted her to the role

"Minus all the surreal or controversial details of the story, she was just a young girl. She was 15 — she wasn't even starting her life yet. She got caught up in this whirlwind and she was very naive. You do see her find her way and mature and be happy and strong — and then you also see her get lost. She didn't have anybody to rely on after Errol died. It was interesting to play someone who went full circle and around again."

IN "THE LAST DAYS OF ROBIN HOOD," DAKOTA FANNING PLAYS BEVERLY AADLAND, THE YOUNG GIRL WHO WAS INVOLVED WITH AN OLD ERROL FLYNN.
GETTY IMAGES

Those 1950s costumes

"The first week you wear the clothes, it feels so foreign and strange. By the end, it's your dress. It feels so normal. And retro's in now. Sometimes it's odd to me when people wear one style of clothing all the time. I wear different things. ... But it's a very flattering shape, retro."

Age is old news

Trying to avoid playing high school roles again

"I find that weird. High school was so long ago; going back to that would be weird. When I see people who are 30 playing high school students, I'm like, 'God, that's so strange.' In this, I was playing younger than I was. But I try not to think about age too much. So much of my life has revolved around what age I am. I'm kind of bored of it."

MATT PRIGGE
@mattprigge
matt.prigge@metro.us

Altuzarra brings his sexy lady to a Target near you

Designer collaboration.
The latest high-low pairing you'll want to line up for.

Hot-shot designer Joseph Altuzarra has fast become fashion's wunderkind. Since launching his label in 2008, he's picked up numerous awards for his sexy-yet-wearable designs, including his recent big win: the 2014 CFDA Womenswear Designer of the Year Award.

To top things off, he's been chosen by Target for the retailer's latest designer partnership. Launching globally Sept. 14, the collaboration will allow the 31-year-old to expand his brand beyond his coterie of fashion insiders.

But don't expect Altuzarra to shy away from his signature sex appeal just because you can pick up some baby food two aisles over. The limited-edition collection highlights the sexy, subversive and confident ethos of his main line. "We're focused on a very adult and seductive way of dressing," he says in the campaign video for the line.

Here are three looks that can take you from a job interview or board meeting to your steamy evening rendezvous.

TINA CHADHA
@TinaatMetro
tina.chadha@metro.us

By the numbers

$18-$90

In the nearly 50-piece collection, ranging in price from $18 to $90, you'll find pencil skirts with slits up to there, sheer python fabrics and lots of moody black. Sexiness aside, there's also a professional, boss-lady feel to the belted knee-length ensembles.

Retro DIY

Man turns basement into fake log cabin

Owning a log cabin may be out of reach, but building one is a different story. It doesn't require a fortune, provided you have an extra room and carpentry skills.

Imgur user [oldblue] took an unused room in his basement and converted it to look like a 1950s-era log cabin's interior. He designed the cabin with lumber taken from shipping crates and stone found on the side of the road. And the whole project cost a mere $107 in materials, but it upped the value of his house by thousands. Visit www.makezine.com to see the full project breakdown.

CABE ATWELL, MAKE ZINE

Maker Faire

This log cabin was faked in some clever guy's basement — on the cheap. / MAKE ZINE

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Room with a view

Tip

Go custom

The lucite table in DeBois' entryway feels perfect for the space because it was made for the space. However, it only cost around $300, including delivery. "I think a lot of people shy away from custom pieces because they think it's going to be too expensive, but custom doesn't have to be," she says.

DeBois ordered her Lucite console from Custom Acrylic Designs on Etsy.

"The biggest compliment I ever received was when someone said, 'It feels like you're not in Manhattan,'" says Casey DeBois, pictured here in her kitchen. /ALL PHOTOS NATASHA JAHANGIR

Casey DeBois didn't spend much time debating the apartment she checked out with her husband last fall.

"When we got there, we were just like, 'This place is insane,'" remembers DeBois of the much-hyped New York by Gehry. "There's an ocean view from Manhattan – compared to our previous apartment, where the view was a brick wall."

Less than a year later, it's almost impossible to believe that she hasn't always lived in the 1,000-square-foot home.

"I really like clean, modern interiors that reflect my personality," says the 29-year-old, who is an interior designer. "My aesthetic is mid-century modern meets farmhouse, but it's a little bit of everything. I really wanted to mix things up for my own home."

The result is an eclectic yet restrained space that joyfully blends high and low. A tufted statement sofa feels right at home next door to a trendy, Etsy-fueled gallery wall, while playful chalkboard paint warms up a well-equipped modern kitchen.

DeBois' favorite paint is Benjamin Moore's rental-friendly "Simply White." "It's like a gallery white — art pops well against it," she says.

Despite the professional touches and Instagram-inspiring coffee table clutter, it's a space that was designed with guests (and a resident pup, Tuck) in mind. Furniture moves easily for dinner parties and nothing is too precious to be called seating.

"I have some design rules, but ultimately I find that I design a lot of happy spaces," says DeBois. "I think, 'What do you want your space to say? In the end, you just want to feel at home."

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Decor. Interior designer Casey DeBois makes a case for mixing high and low design.

Display-worthy items hold court on the coffee table.

Visit **Metro.us** for a photo gallery of shopping tips from Casey DeBois.

Tips. DeBois let us in on some of her secrets

Think ahead

If you're renting, remember that you'll be moving everything. "In Manhattan, you have to think, 'How long am I going to stay in the space, and what can I take with me?' Sectional sofas are never a good idea — who knows what the layout of your next place will be?"

DIY with Ikea

Even DeBois breaks out the Ikea wrench once in awhile — not that you could tell. "I'm not afraid to use Ikea. My TV console is an Ikea piece, but I covered it with reclaimed wood flooring. My night stands are Ikea, but I put Anthropologie hardware on them," she says.

Shop local

Although she has some pieces from retailers such as West Elm and Restoration Hardware, most of DeBois' apartment (and those of her clients) is furnished and trimmed with the help of small local shops and Etsy sellers.

Yup, that console is from Ikea.

Splurge smart

Sometimes, it's worth letting your credit card feel the burn. "I'd splurge on a good pair of accent chairs, and art is always a good idea," she says. "If you buy a quality vintage chair, it's going to keep its value — whereas you'll have a hard time trying to re-sell a West Elm piece."

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Jillian Michaels' tips for looking sexy and staying motivated

Fitspiration. Cute new clothes are just one reason you'll want to hit the gym every day.

EMILY LAURENCE
@EmLaurence
emily.laurence@metro.us

It might seem like a no-brainer for "The Biggest Loser" coach and fitness guru Jillian Michaels to expand her enterprise to include athletic wear, but Michaels says it's taken her eight years to get it right.

"To be honest with you, I've never been one to love workout clothes because they just haven't had a very cool aesthetic, and they haven't worn great over the years," Michaels tells us at the line's launch event.

Being filmed and photographed in athletic gear has made Michaels hyper-aware of how it looks, but she also wanted to put out a line that performed well at a price everyone could afford. "When I think about my customer, it's a student in college struggling to make ends meet, or a mom with two kids struggling to make ends meet, or someone in retirement struggling to make ends meet — so affordability was really important to me," Michaels says.

These abs are not included.
PROVIDED

Impact by Jillian Michaels is available at Kmart; the most expensive item is $25. The line consists of four categories: core, lifestyle, yoga and running. "Core you can really wear for everything, but yoga and running are both very sports-specific," she says. "For yoga, you need a shirt that isn't going to ride up if you're doing a shoulder-stand or a zipper poking your leg when you're in pigeon. For running, you need shirts and shorts that won't chafe."

From the collection

Power Capri Pants

These capris are one of Michaels' favorites in the line because they hit at just the right length below the knee and don't ride down in the back. **$21.99**

Visit **Metro.us** for our editor's picks from Michaels' clothing line.

Advice

Putting it to use

New gym clothes might be enough to get you excited for the first week of exercising, but Michaels says if you want to stay motivated, the key is to have a specific goal in mind. "It's very important to establish a 'why,'" Michaels says. "You'll choose exercise and a healthier meal over pizza and being lazy when you have a specific goal in mind, like feeling sexier with your partner or more confident at the office. Work with purpose is passion. Work without passion is punishment."

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Horoscope

♍ Virgo | Aug. 23-Sept. 22. Emotional issues will become more pronounced if you aren't honest. Be diplomatic, but don't lie.

♎ Libra | Sept. 23-Oct. 22. Plan an event with friends. An enjoyable evening of entertainment will provide a welcome diversion from work-related stress.

♏ Scorpio | Oct. 23-Nov. 21. Make your finances a priority. Look into moneymaking schemes that will increase your revenue stream without a major cash outlay. Don't share matters prematurely.

♐ Sagittarius | Nov. 22-Dec. 21. If others seem especially trying, look at your actions and consider if you are the cause. Perhaps you have been too demanding.

♑ Capricorn | Dec. 22-Jan. 20. This is not a good time to reveal your private plans. Aim to be a leader, not a follower. Someone you trust will let you down.

♒ Aquarius | Jan. 21-Feb. 18. One way to attract influential followers is to get involved in humanitarian causes. You can make a difference if you adopt a leadership position.

♓ Pisces | Feb. 19-March 20. Rather than dwell on negative events, take this opportunity to do something enjoyable that will ease your mind.

♈ Aries | March 21-April 20. Don't let others make decisions for you. Get involved in a cause that you feel passionate about. You will be inspired if you visit an old friend.

♉ Taurus | April 21-May 21. You may feel burdened by the needs of an older relative. Take a moment to address your own needs, but don't overspend.

♊ Gemini | May 22-June 20. Don't let your emotions exhaust you. Stewing over an unhappy event will lead nowhere. Channel your energy toward love.

♋ Cancer | June 21-July 22. An industry or work-related function will provide you with the perfect chance to meet someone new. Uphold your reputation at work.

♌ Leo | July 23-Aug. 22. You will have no problem making a lasting impression. Be prepared to step into the limelight. A physical challenge will be invigorating. EUGENIA LAST

Sudoku: Easy and hard

9		7	3				8	
	8					3		2
			6	9	8			
		4	2			9		5
			9	4	7			
3		9			6	1		
			8	2	1			
4		2					1	
	9				5	6		7

	8	6		2	7			9
5	7			9	8			
2			4				8	
		7				8		
			9		3			
		5				1		
	2				9			3
			8	3			1	7
7			6	1		9	4	

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Letters

Investing shouldn't be a scheme

Re: 'Companies revolutionizing the world' (Metro, Aug. 26) Columnist Timothy Sykes does not even have the goal of "investing" in promising businesses. His history in junk stocks exposes someone who has taken the new approach to investing — don't look for promising companies, look for a minute edge in a trade and execute it. It's just the modern version of the gambling hall, not "investing" at all. Those who worship the filthy lucre have done a complete job in perverting the purpose of human life — now, the only goal is riches. How they are acquired is of no importance.
TOM WOLF, VIA EMAIL

Net no place for private photos

Re: 'Creepy hackers release creepy naked celeb photos...' (Metro, Sept. 2) We always advise college students to monitor the information they post online, yet Ricky Gervais is pilloried for saying celebrities should avoid computerizing nude pictures of themselves. Common sense is common sense — in today's online world, the first line of protection is common sense.
MICHAEL ANDERSON, VIA EMAIL

letters@metro.us

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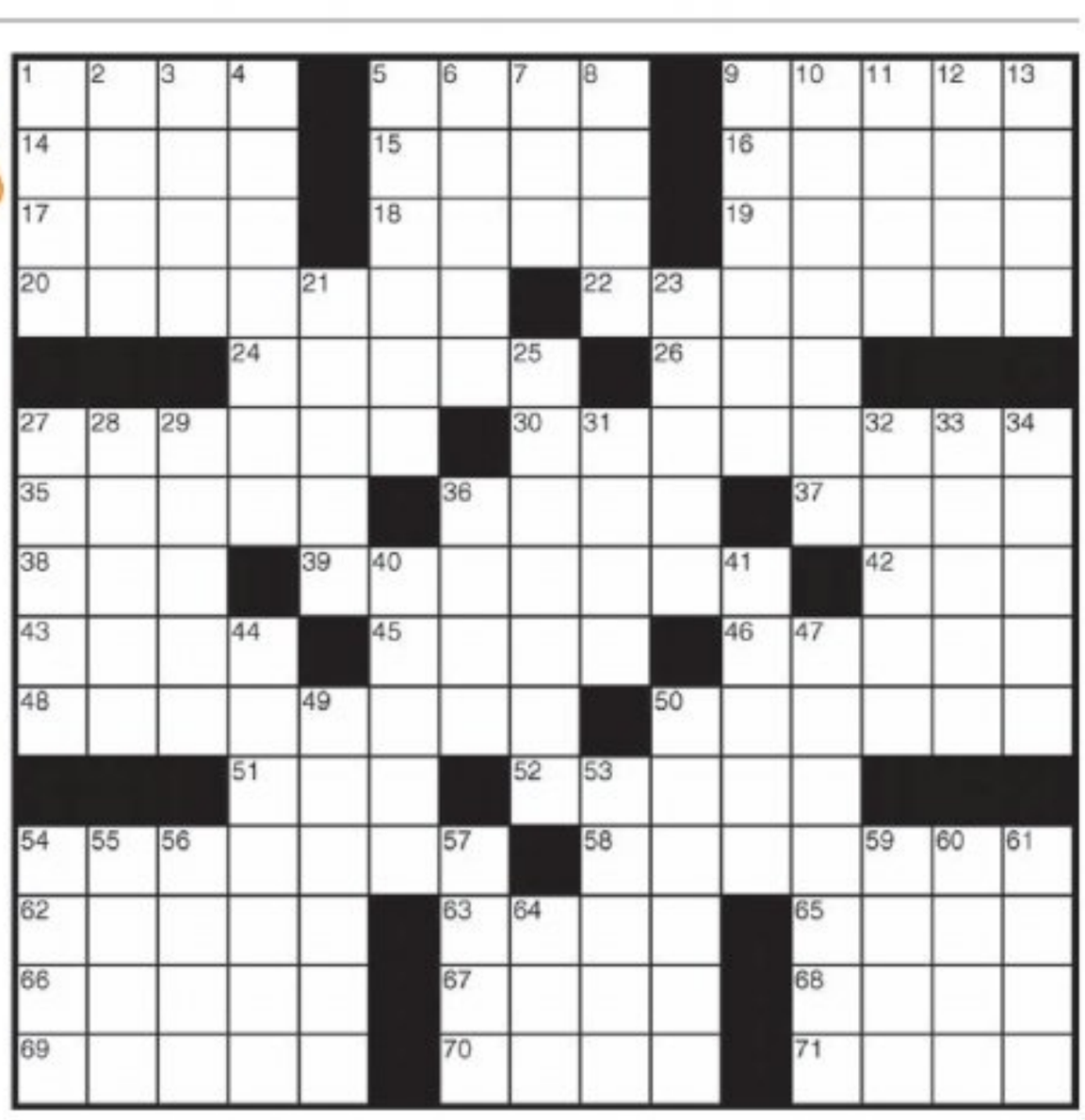
Crossword

Across
1 Thailand, once
5 Social equal
9 Intend (2 wds.)
14 Hour, to Hernando
15 Mighty Dog rival
16 Look high and low
17 Four Corners state
18 Ballpark figure
19 Redhead's tint
20 Hot sauce
22 Egg producer
24 U of U.N. fame
26 Help-wanted abbr.
27 Critter
30 Gets tangled (2 wds.)
35 Alice in Wonderland's cat
36 Fed a line
37 Kind of pickle
38 Harvest Moon mo.
39 Earliest
42 Chromosome material
43 Relieved sigh
45 Spiky flower
46 Dolphin habitat
48 Wire
50 Chocolate dessert
51 Umbrage
52 Click-on items
54 Leanest
58 From Asia
62 Bamboo eater
63 Mr. Greenspan
65 Lotion additive
66 Fish-eating birds
67 Box
68 Teacup edges
69 Bone-tired
70 Weeded
71 Part of LAPD

Down
1 Kubrick's "Eyes Wide —"
2 Pinch
3 Sheik or sultan
4 Honorific in India
5 Philosopher Blaise —
6 John of "Tiny Dancer"
7 MPG monitor
8 Campus org.
9 More pale
10 Chilled (hyph.)
11 Lama or friar
12 Melody
13 North African port
21 Bygone rulers
23 Is the chair
25 Seaquake aftermath
27 Vote to accept
28 Alcove
29 PC chip maker
31 Must have
32 Meal accompaniments
33 Humerus neighbors
34 Carpentry tool
36 Fizzy beverage
40 Grimm heavies
41 Bugs Bunny and Popeye
44 Creepier
47 Eclair filling
49 — spoon (diner)
50 Bellyached
53 Refrain from
54 Emulate Etna
55 Cut back
56 Tolstoy heroine
57 Muscle-car dial
59 Newsman — Abel
60 Play boisterously
61 Oriole abode
64 Mekong native

Yesterday's answer



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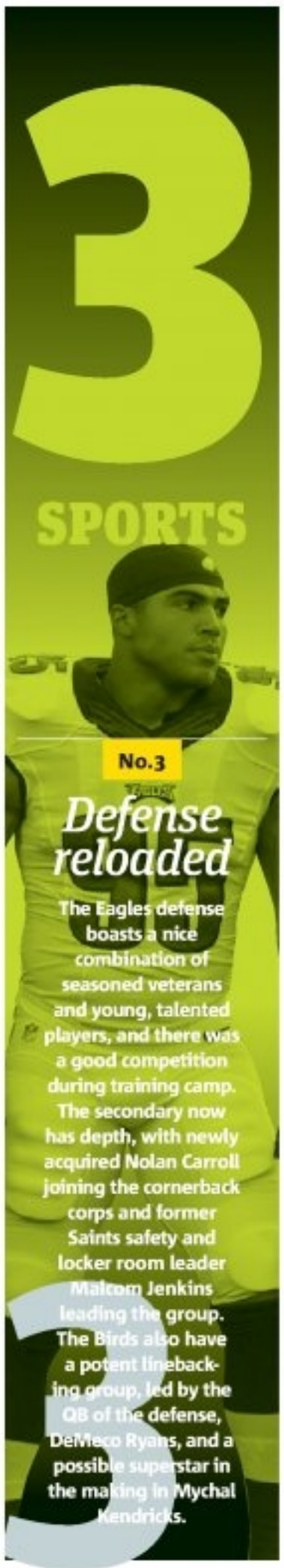

3
SPORTS
No.3
Defense reloaded
The Eagles defense boasts a nice combination of seasoned veterans and young, talented players, and there was a good competition during training camp. The secondary now has depth, with newly acquired Nolan Carroll joining the cornerback corps and former Saints safety and locker room leader Malcom Jenkins leading the group. The Birds also have a potent linebacking group, led by the QB of the defense, DeMeco Ryans, and a possible superstar in the making in Mychal Kendricks.

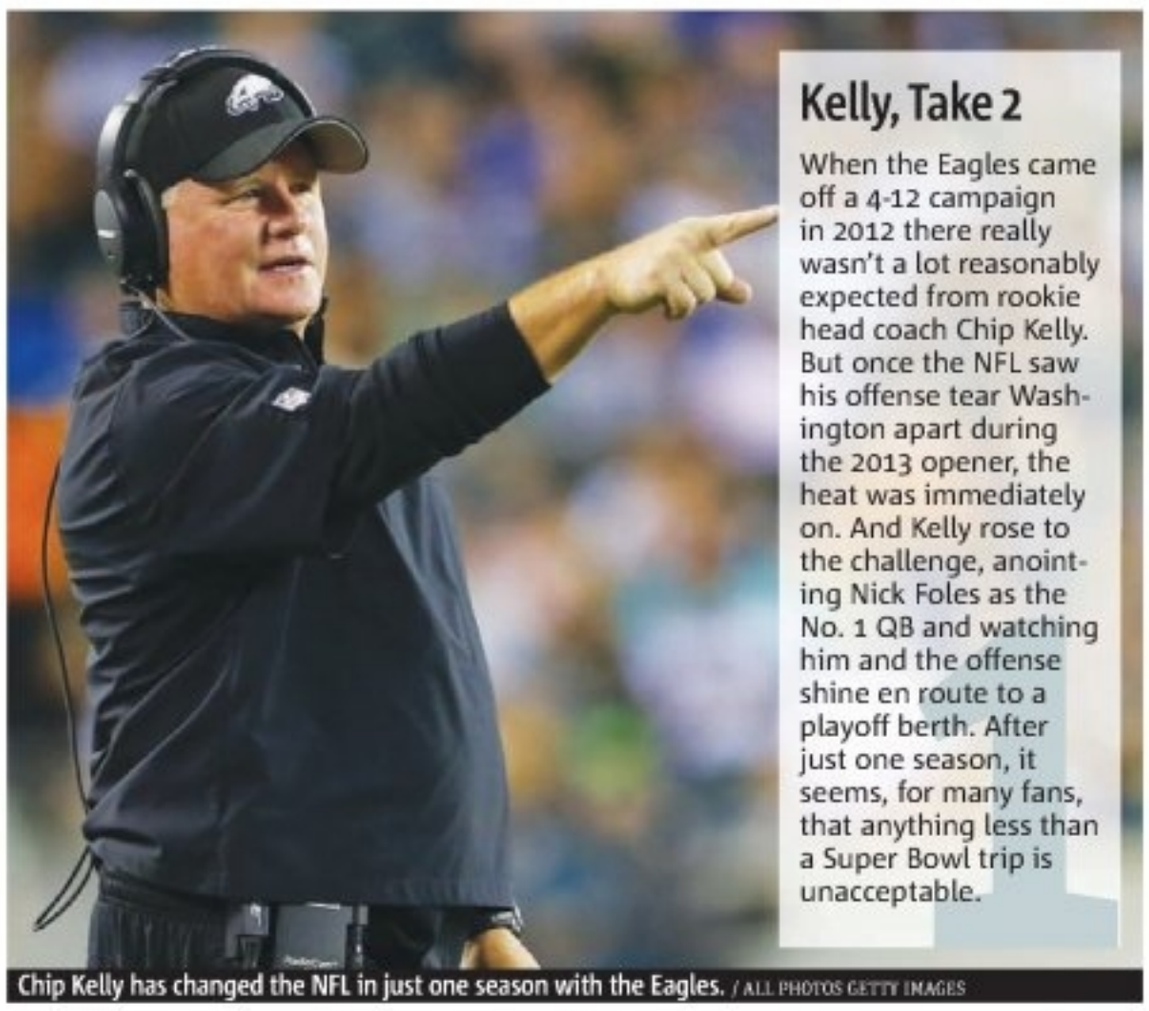
8 Eagles storylines to watch for this year

NFL. The Eagles' 17-week marathon toward a second straight NFC East title begins against the Jaguars on Sunday.

It's finally time. After thrilling fans and silencing critics in 2013 with an NFC East title, the expectations are pretty high for the Eagles as they prepare to kickoff the NFL season.

There are endless stories surrounding this team, but here is a look at our favorite eight for the Birds as they look for their 10th NFC East crown and 20th playoff berth.

EVAN MACY
@evan_macy
evan.macy@metro.us



Chip Kelly has changed the NFL in just one season with the Eagles. / ALL PHOTOS GETTY IMAGES

Kelly, Take 2

When the Eagles came off a 4-12 campaign in 2012 there really wasn't a lot reasonably expected from rookie head coach Chip Kelly. But once the NFL saw his offense tear Washington apart during the 2013 opener, the heat was immediately on. And Kelly rose to the challenge, anointing Nick Foles as the No. 1 QB and watching him and the offense shine en route to a playoff berth. After just one season, it seems, for many fans, that anything less than a Super Bowl trip is unacceptable.

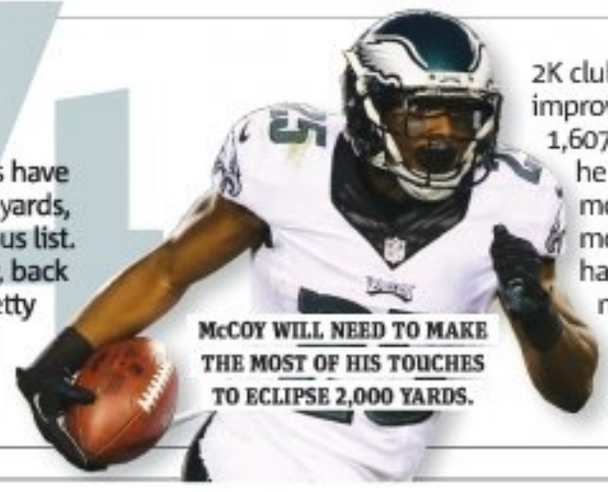
FOLES LOOKED GOOD IN THE THIRD PRESEASON GAME.

Foles, Take 2

Everyone knows the numbers: 27 touchdowns, two interceptions, seven TD passes in a win against the Raiders last year, a 119.2 QB rating. But don't be fooled, Kelly wants to win, and expects his players to perform. If Foles doesn't lead the team the way he did in 2013, Mark Sanchez played well enough in the preseason to be able to take the reins.

McCoy, Mr. 2,000?

Only seven players have ever run for 2,000 yards, and it's a prestigious list. But LeSean McCoy, back in July, made it pretty clear he expected to be the eighth member of the 2K club. If he hopes to improve on his impressive 1,607 yards last season, he will need to get more carries. Even more than the 314 he had in 2013. No running back has ever eclipsed the 2,000 mark with less than 332 carries.



McCOY WILL NEED TO MAKE THE MOST OF HIS TOUCHES TO ECLIPSE 2,000 YARDS.

The return of Jackson

We still don't know exactly what happened, or what led to his being cut from the Eagles. But we do know one thing for sure, DeSean Jackson has Week 3 in Philadelphia circled on his calendar. It'll surely be interesting to see how his former teammates match up against the dynamic receiver when he comes to the Linc on Sept. 21 in a Washington uniform. The Eagles secondary has improved, but do they have what it takes to quiet Jackson?

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Johnson suspended

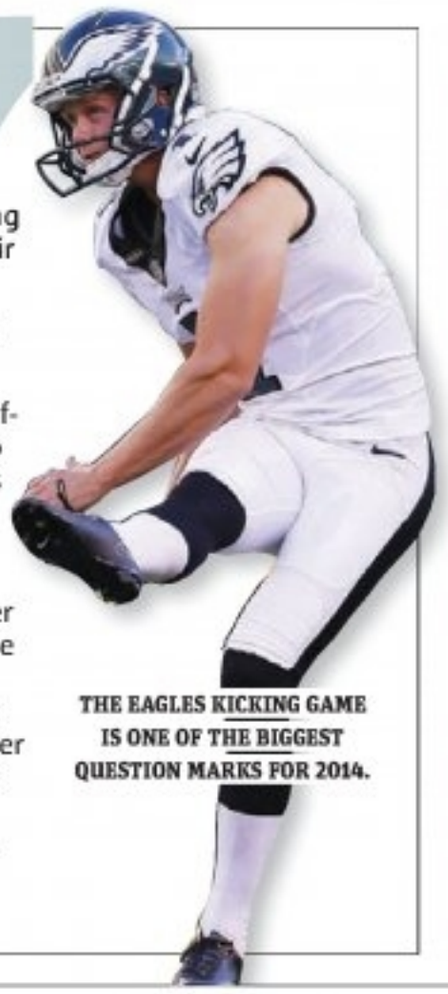
When Lane Johnson is in the lineup, the Eagles have arguably the best offensive line in the NFL protecting Nick Foles and making holes for LeSean McCoy. But for the first four games of the season, the Birds will have to make do with Allen Barbre and Matt Tobin to fill in. If they can hold down the fort for four weeks until Johnson returns, the Eagles should be in good shape — like Johnson hopes to be in against the Rams in Week 5.

"It's going to be real tough," said Johnson, but I think where I'm going, API [Athletes' Performance Institute] there in Dallas, API is known for training guys for the combine and keeping guys in top shape so I'm confident that they'll do a great job."

Kicking conundrum

The Eagles' most glaring weakness could be their field goal kicking. The team parted ways with veteran Alex Henery — the team's kicker the past three seasons — after Cody Parkey hit two 50-plus-yard field goals in the final preseason game against the Jets.

"Coach Chip Kelly told me if it was another long one we want to see what you got," Parkey said after the game last Thursday. "It was another long one, so I just went out there. Alex Henery and I were warming up in the net, but they let me have it."



THE EAGLES KICKING GAME IS ONE OF THE BIGGEST QUESTION MARKS FOR 2014.

MACLIN HOPES HIS INJURY WOES ARE BEHIND HIM.

Stay healthy

The Eagles were the second-healthiest team in football last season. This season, they have had a few scares (Jeremy Maclin, Riley Cooper, LeSean McCoy), but everyone appears ready. Thanks in part to Kelly's dietary guidelines and his use of sports science, the Eagles look like they can again keep their best players on the field.

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Back on his feet

Eagles expect Huff to be contributor

HUFF HAS BATTLED SOME MINOR INJURIES IN CAMP.
GETTY IMAGES

Taken in the third round of the 2014 NFL draft, the buzz surrounding receiver Josh Huff hasn't been nearly as high as his rookie counterpart Jordan Matthews. However, that doesn't mean that the speedy rookie out of Oregon can't make waves this season for the Eagles.

Huff suffered an AC joint sprain in his right shoulder in the team's second preseason game against the New England Patriots. He expects to be back for the team's regular-season opener against the Jacksonville Jaguars.

Huff recorded 62 receptions, 1,140 yards and 12 touchdowns last season for the Ducks and could be used as a weapon in the slot or on screen passes this season. JEFF MCMENAMIN

Three is a crowd

Polk surprises some as Eagles third tailback

The Eagles deciding to keep running back Chris Polk when they announced their 53-man roster is all you need to know about the third-year back out of Washington. Sitting out all preseason with a hamstring injury, Polk had to sit and watch as potential suitors for his job gave it their all in training camp in hopes of making the team.

None of them were worthy and now Polk figures to be the power back that Bryce Brown served on the team last season.

"I treat every day like it's my last day," said Polk. "You never know what's going to happen. It's always on the line. I wasn't promised anything. I'm not guaranteed anything being that we have a great host of backs. I'm renting space here. You just have to do the best that you can and work as hard as you can while you're here."

Polk played a limited time last season, scoring three touchdowns on just 11 carries. JEFF MCMENAMIN

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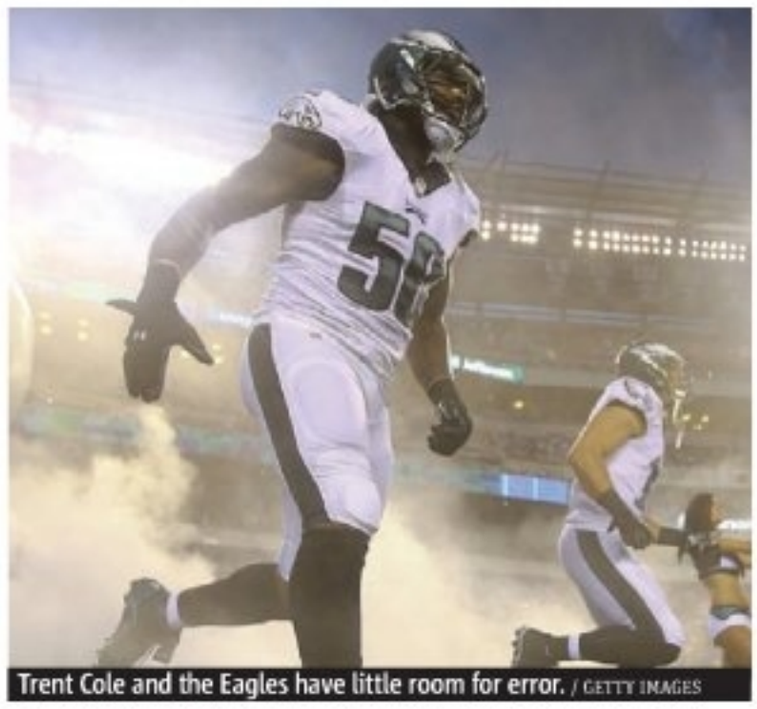
Trent Cole and the Eagles have little room for error. / GETTY IMAGES

Birds cream of the crop in NFC East

NFL. The Eagles are a popular pick to win the NFC East, and even make a trip to the Super Bowl.

The results are in, and the Eagles are favorites.

With 48 ESPN personalties and experts making their picks Tuesday, 83 percent chose the Eagles to win the NFC East, with many of those selecting Chip Kelly to win Coach of the Year.

The statistics website fivethirtyeight.com also picked the Eagles, citing they have a 42 percent playoff possibility. Here's how the rest of the division measures up.

Washington Redskins
Robert Griffin III is the biggest question mark. He has dynamic weapons, most notably DeSean Jackson, but a new regime could give the team growing pains.
Prediction: 8-8

New York Giants
Eli Manning doesn't have the skill positions alongside him that he used to have, nor does he have a very impressive offensive or defensive line this year. Though they could surprise some, we put them third.
Prediction: 9-7

Dallas Cowboys
Dallas boasts the surprisingly consistent Tony Romo, and has had a pretty solid offense through recent years. But aside from Dez Bryant they lack real star power or a capable defense.
Prediction: 6-10

EVAN MACY
@evan_macy
evan.macy@metro.us

Under the radar

Three Eagles' sleepers to keep an eye on

Everyone already knows the top names on Philadelphia's roster. And the Eagles' success is deeply rooted in the performances of Nick Foles, LeSean McCoy, Jeremy Maclin and company.

However, there are some relative unknowns who made the cut for the Eagles' 53-man roster last week, and several of these players could have a pretty big impact on Philadelphia's success in 2014.

1 Cody Parkey, K
Kicker Cody Parkey beat out Alex Henery in the Eagles' 53-man roster cuts because he proved he could handle the pressure in the preseason. Parkey nailed two 50 yarders in last Thursday's preseason finale against the Jets, as many as Henery made in 49 career games with the Eagles.

"Regardless if I'm a 10-year starter or a rookie there's always going to be questions, thoughts and concerns about me," said Parkey after practice Tuesday. "I'm just going to go out there and do the best I can."

The high-powered Eagles offense will have plenty of scoring chances this season, which would make Parkey the benefactor if he can stay consistent. Parkey made 39 of 53 career attempts at Auburn. The Indianapolis Colts signed him after he went undrafted in the 2014 NFL draft.

2 Vinny Curry, DE
At 6-foot-3, 279 pounds, the Eagles are expecting big things from defensive end Vinny Curry this season. Curry is expected to expand on his 2013 campaign, which included 22 tackles and four sacks. A second-round pick in 2012, Curry is seemingly the man the Eagles hope can replace an aging Trent Cole on the edge. Cole, 31, had eight sacks in 2013 and has 79 total in his nine-year career with the Eagles. This is the year that many expect Curry to breakout, which could make Cole expendable in the offseason.

THE EAGLES DEFENSIVE LINE COULD USE A BIG YEAR FROM VINNY CURRY.
GETTY IMAGES

3 Najee Goode, LB
Linebacker DeMeco Ryans is the most vocal leader on the Eagles' young defense, but start getting to know the name Najee Goode. Ryans, 30, doesn't have the speed which once sent him to two Pro Bowls with the Houston Texans. Goode figures to be his protege this season and will have plenty of opportunities to prove he can be a starter.

"My goal is to get in there and be a starter on our defense," said Goode. "This season, [I will have] the opportunity to make some more plays on the field on defense along with special teams, which I always continue to do. [I want to be] a bigger player on this team and a bigger leader in the near future." JEFF MCMENAMIN

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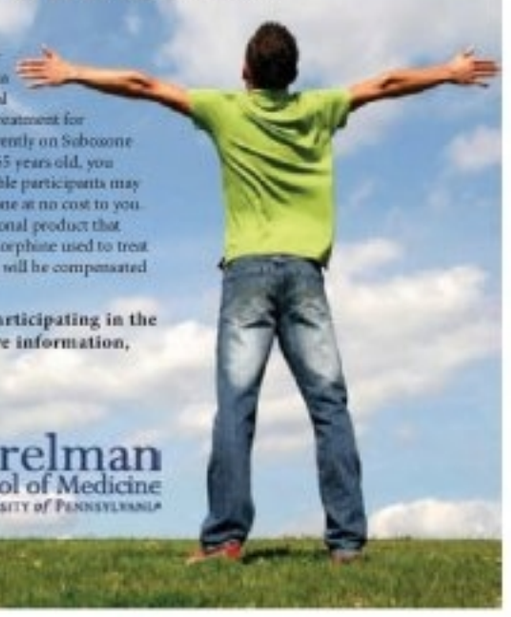

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